



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Doctors diagnose, nurses heal, and caregivers make sense of it all." ~ Brett H. Lewis

Caregiver Tip: Navigating the Health Care System

The healthcare system is complex and can be overwhelming. Decisions include what type of insurance best suits your needs, to locating the right physician. As your loved one's needs change over time, it is important for caregivers to be health care advocates. Below are tips to support you in navigating the health care system.

The Alzheimer's Association encourages caregivers to work closely with your loved one's healthcare provider to create the best treatment plan. You can assist your loved one by sharing information with their provider. For information, on identifying what a treatment plan involves and understanding options and treatments, read "[Questions for Your Doctor](#)" and "[Preparing for your doctor's visit.](#)"

Health care advocates are keepers of medical information on their loved ones. Keep a record of medications, vaccinations, previous tests, allergy lists, and other medical information the doctor needs. Equally important is understanding your loved one's health insurance. Prepare a file that includes identification cards, enrollment dates, monthly charges, services with co-pays, referral number for specialist, and urgent care numbers. For additional tips on what to have ready for the doctor, read "[Your Complete Checklist to Prepare for Doctor's Visits.](#)"

Resources:

[Medicare Questions](#): The Division of Aging and Adult Services VICAP Counselors can assist you with enrolling in Medicare and answering a wide range questions. For more information call 703.746.5999.

[Mind & Body Workshop](#): Insight Memory Care Center offers a social engagement and peer support program for both the caregiver and the recently diagnosed individual. For more information call Lindsey Vajpeyi at 703-204-4664.

**Caregiver Support
Group**

Wednesday,

March 4, 2020

**4-5:30 p.m. at the
Alexandria Adult Day**

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



A publication of the
City of Alexandria
Department of Community and Human Services
Division of Aging and Adult Services

March 2020